

NOTES *for* a PILGRIM



Dorothy & Peter MILLAR

This book brings together material from many sources all of which has affirmed and challenged our own Christian journey.

Christ's light is never confined within specific cultures, and today we are learning much about the truth of the Gospel from those who are marginalised and powerless. Over the years, many of us have experienced Christ's deep and forgiving love in our own lives. Yet given the inter-connectedness of the world, should that knowledge not propel us into an 'uncomfortable peace' as we think about the situations facing so many of our sisters and brothers?

Holding together our personal faith in Christ and a profound concern for our world is far from being an easy task. Most of us are quite overwhelmed by the range and complexity of human need - whether in our own society or overseas. We often feel helpless in our actions and hesitant in our prayers. Perhaps more than ever, we need the insights and wisdom of those fellow pilgrims, past and present, who in a wonderfully creative way illumine that road where prayer and compassion meet and energise each other.

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Companion collections by Dorothy and Peter Millar :

Prayers from a Columban House
Seeds for the Morrow

are also available at the Abbey Shop, Isle of Iona.

Front Cover by Percy Burnard

The First Day

The whole creation is pervaded by God.

Bede Griffiths

We have been loved by God from before the beginning.

Julian of Norwich

God does not give an answer to all our questions, but, in Jesus, God enters into the heart of the questions.

Leonardo Boff

When people ask me what I pray for, I say I don't pray for anything; I pray because God is. I sit before him open like an empty bowl, like a flower, like a wound. I give him my joy, my confusion, my boredom, my pain - just lay it there on the floor for him to process how he wishes and when he is ready.

Sheila Cassidy

The wind blows wherever it wishes.
You hear the sound it makes, but you do not know where it comes from or where it is going.
It is like that with everyone who is born of the Spirit.

John 3 : 8

The Second Day

Let those who would pry into the mysteries of the life of God realise how little they understand of the mystery of the life of an ant.

Gregory of Nyssa

Happy are those who know they are spiritually poor:
the Kingdom of heaven belongs to them.

Matthew 5: 3

Poverty is a beatitude. It is a way of being, thinking, loving. It is a gift of the Spirit.
Poverty is detachment and freedom and, above all, truth.

Carlo Carretto

I pray incessantly for the conversion of the prodigal son's brother. Ever in my ear rings the dread warning: "the one has awoken from his life of sin. When will the other awaken from his virtue?"

Helder Camara

For alas it is seldom if ever
That people behave as they should,
For the good are so harsh with the clever
And the clever so rude to the good.

Anon

The Third Day

We still believe that God
will be born again in our land
as we prepare the stable of our hearts
for the birth of a new people.

Maryknoll Sisters

To become aware of the sacramental nature of the cosmos,
to be open to the sacramental possibilities of each
moment, to see the face of Christ in every person,
these things are not novel,
but their rediscovery is the beginning of our health.

Ron Ferguson

The feminine spirit, which is not synonymous with the
female person, has a certain familiarity with roots and
springs and the basic elements of air and fire: a
certain attentiveness to the flow of time and the
harvesting of life's fruits. The feminine spirit waits
in readiness for the opportunity to inject breath into
the clay of existence and to humanise the daily affairs
of life.

Joan Puls

If your eye is pure,
there will be sunshine in your soul.

Matthew 6: 22

The Fourth Day

Turn off your TV and think;
the media is carpet-bombing our consciousness.

Gulf War News

I was a neurotic for years. Anxious, depressed, selfish. And everyone kept telling me to change. And I resented them, and agreed with them, and wanted to change, but simply couldn't, no matter how I tried. I felt powerless and trapped. One day, God said: "Don't change. I love you as you are." These words were music to my ears. I relaxed. I came alive. And suddenly I changed!

Tony de Mello

Spirit of Jesus, the Risen One, to place our trust in you is to welcome the living reality of the Gospel. You bury our past in the heart of God, and as for our future, you take care of it. Day after day as we hand everything over to you in humble prayer, you carry the weight of what burdens us and, without our knowing it, you make of our lives a reflection of your presence.

Brother Roger

Jesus said :

"I am leaving you with a gift -
peace of mind and heart!
And the peace I give isn't fragile
like the peace the world gives.
So don't be troubled or afraid."

John 14: 27

The Fifth Day

Happy are those whose greatest desire is to do what God requires: God will satisfy them fully.

Matthew 5: 6

One of the most exciting aspects of non-violence is that it calls forth all our creativity and imagination, all our reserves of individuality, uniqueness, courage and humour. I don't believe we have even begun to imagine the extent of the upside-down world we are called to live in. We have become so familiar with the Gospel stories that we forget how utterly shocking, radical and different Jesus' lifestyle was.

Helen Steven

To refuse to struggle against the evil of the world is to surrender your humanity:
to struggle against the evil of the world with the weapons of the evil-doer is to enter into your humanity:
to struggle against the evil of the world with the weapons of God is to enter into your divinity.

Gandhi

O most merciful Redeemer, friend and brother,
may we know thee more clearly,
love thee more dearly,
follow thee more nearly:
for ever and ever.

St Richard of Chichester

The Sixth Day

In the whole vast expanse of human history there is only one point of contact with the Lord of history: the present moment.

Michel Quoist

Pentecost did not happen the day after Easter. Perhaps resurrection takes a bit of getting used to. Instead, the disciples waited and prayed. And suddenly without warning, they were filled with power. At a time like this, filled with huge preventable suffering, we look for the freeing of the Spirit. We pray for the peace of the world. We ask, give us a Pentecost again. And, like the disciples, we cannot predict where or when or how the Spirit will move among us. But we can wait in hope and readiness, open to its coming.

Kathy Galloway

The greatest religious problem today is how to be both a mystic and a militant; in other words, how to combine the search for an expansion of inner awareness with effective social action, and how to feel one's true identity in both.

Ursula King

Give thanks to the Lord because he is good:
his love is eternal.

Psalm 136: 1

The Seventh Day

Biblical faith is prophetically relevant to everything that happens in the world.

The Kairos Document

About 300,000 Columbians are directly or indirectly employed by the cocaine trade, whether as security guards or accountants, pilots or chemists. Wages in the cocaine trade are considerably higher than for comparable work in the legal economy. Roughly half the profits are laundered and invested in real estate and businesses in the U.S.A. and elsewhere.

Susan George

When I look round at all the poverty and injustice I say: "thank God I am not God". But when I remember that in every place of brokenness there are caring men and women, I say to myself: "thank you, God, that you are God".

Desmond Tutu

God is justice.

Julian of Norwich

Saints are those who by their life and work make it clear that God lives.

Nathan Soderblom

I, the Lord, have called you and given you power to see that justice is done on earth.

Isaiah 42: 6

The Eighth Day

If you don't feel close to God, guess who has moved.

Church Poster

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God - what is good and is pleasing to him and is perfect.

Romans 12: 2

Christ is quite frank in warning us that to follow him means to submit ourselves to a certain yoke and to bear a certain burden. He warns us that to be his disciples involves a restriction upon our liberty. To be a Christian is to accept a particular frame of reference within which all our action, and also all our thought, is to be carried on. We are now under authority and no longer free to do as we please. There are certain limits which we must not transgress. There are certain actions from which we must abstain, there are thoughts which we must not think, and even certain fields into which our imaginations must not wander.

John Baillie

Examine me, O God, and change my mind:
test me, and clean my thoughts.
Start a revolution in my life,
create me anew
and guide me in the way everlasting.

Zephania Kameeta

The Ninth Day

Christ was not crucified on a cathedral altar between two silver candlesticks, but on a rubbish dump between two thieves.

George MacLeod

Faced with the madness of a world that is capable of self-destruction, let us affirm the madness of the Cross, of non-violence, of the outstretched hand, of faith that God does still reign.

Emilio Castro

Maximum sensitivity and maximum availability are hallmarks of being with Christ.

Christopher Duraisingh

A real spiritual life makes us so alert and aware of the world around us that all that is and happens becomes part of our contemplation and meditation and invites us to a free and fearless response.

Henri Nouwen

How beautiful upon the mountains are the feet of those that bring good tidings, that preach peace.

- Isaiah 52: 7

The Tenth Day

Lord, how glad we are that we don't hold you,
but that you hold us.

prayer from Haiti

In the break-up of my marriage and in the breakdown of my mind, there were no easy texts from the Bible. There was pain and emptiness and a sense of having nowhere to run. How easy to hide behind our theology, our work, our busyness. Yet out of it all I realised it's the person called me, Christine, that God is most interested in. I now know that I'm not only sinful, but also unique and precious. I am learning to give God my secret, shameful self in order that I might discover the bits of myself which aren't that bad after all.

Christine Reid

Even without recognising Christ, learn to wait for him with or without words, during long silences when nothing seems to be happening. Nothing can be built up within you without this adventure - finding him in the intimacy of a personal encounter. No one can do that for you.

Brother Roger

Come to me and I will give you rest - all of you who work so hard beneath a heavy yoke. Wear my yoke - for it fits perfectly - and let me teach you; for I am gentle and humble, and you shall find rest for your souls, for I give you only light burdens.

Matthew 11: 28 - 30

The Eleventh Day

I have no objection to churches so long as they do not interfere with God's work.

Brooks Atkinson

While God waits for his temple to be built of love, men bring stones.

Rabindranath Tagore

I am sure that God is alive and well in this country, but mercifully not dependent on the churches alone for his effective disclosure.

Elizabeth Templeton

The church has usually been happy to be the world's icing sugar, somewhat sweetening the intolerable and changing nothing. The church, called by its Lord to be in the world but not of it, has, more often than not, been of the world but not in it.

Paul Oestricher

The real sanctity of a church is that it is a place where we can go to weep in common.

Miguel de Unamuno

If the Lord does not build the house the work of the builders is useless.

Psalm 127: 1

The Twelfth Day

I read in a book that a man called Christ went about doing good. It was very disconcerting to me that I am so easily satisfied with just going about.

Kagawa

Pira Sudham today lives in Bangkok and in his native village, Napo. He is involved in several community service projects - such as building water reservoirs, giving plants and young trees for village gardens, encouraging fish farming and supporting children. This work reflects how his life was transformed by once reading the line from a book: "poverty, like corruption, is a human condition which can be changed".

Martin Large

The weak ones of our society have taught me so much. They have shown me what it is to live simply, to love tenderly, to speak in truth, to pardon, to receive openly, to be humble in weakness, to be confident in difficulties and to accept handicaps and hardships with love.

Jean Vanier

The Lord has told us what is good. What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God.

Micah 6: 8

The Thirteenth Day

Be still and know that I am God.

Psalm 46: 10

If we were not so single-minded about keeping our lives moving and for once could do nothing, perhaps a huge silence might interrupt this sadness of never understanding ourselves and of threatening ourselves with death.

Pablo Neruda

Meditation is simple and practical. It is about experience rather than theory: a way of **being** rather than merely a way of thinking. Indeed, because of the profound change meditation can work in one's life, it is even more than a way of prayer: it is a way of life, a way of living from the deep centre of one's being. Meditation is focused on Christ. This means that it is centred on the prayer of Christ which is continuously poured forth in the Holy Spirit in the depth of each human being. Thus, in this way of 'pure prayer' we leave all thoughts, words and images behind in order to 'set our minds on the kingdom of God before all else'. We leave our egotistical self behind to die and rise to our true self in Christ.

Meditation does not exclude other types of prayer and indeed deepens one's reverence for the sacraments and one's reading of scriptures.

Laurence Freeman

I ask God from the wealth of his glory to give you power through his Spirit to be strong in your inner selves, and I pray that Christ will make his home in your hearts through faith.

Ephesians 3: 16 - 17

The Fourteenth Day

A radical conversion of the non-poor is needed today.

Maria Neal

We know that troubles produce endurance, endurance brings God's approval and his approval creates hope. This hope does not disappoint us, for God has poured out his love into our hearts by means of the Holy Spirit who is God's gift to us.

Romans 5: 3 - 5

What hurts our rural Guatemalan people most is that our costumes are considered beautiful but it's as if the person wearing it didn't exist.

Rigobertu Menchu

Theology for the oppressed women and men in South India is not an intellectual exploration. It is a daily struggle to understand the meaning of salvation in Christ from a place of alienation, exploitation and shame. It is a theology which aims at liberation through Christ who walks with the poor himself.

M. Deenabandhu

The agents of the Holy Spirit have no right to be anything but catalysts and disturbers, who help the powerful to see their weakness and the powerless to understand their strength.

Ian Fraser

The Fifteenth Day

The way you look at people can transform them.

Jean Vanier

So often we refuse to let others be different, be surprising, be themselves. This refusal to let be comes from a inner refusal to let oneself be, to be with oneself - the essential spiritual gift learnt from solitude. It is when we are so dissatisfied with being ourselves or so not at home with our deepest self that we must always be projecting onto others our ways, our attitudes, our fears, our disappointments. This is a deeply divisive attitude and a grave sin because it disrupts all authentic pleasure, all authentic communication, all authentic relating. Behind it lies the refusal to acknowledge the differences among creatures and within creatures that in fact make up the glory of creation.

Matthew Fox

Solitude makes us 'die to our neighbours'. That means to stop judging them, to stop evaluating them and thus to become free to be compassionate.

Henri Nouwen

One of the Pharisees asked Jesus to come to his home for lunch and Jesus accepted the invitation. As they sat down to eat, a woman of the streets - a prostitute - heard he was there and brought an exquisite flask filled with expensive perfume. Going in, she knelt weeping, with her tears falling down upon his feet; and she wiped them with her hair, kissed them and poured the perfume on them.

Luke 7: 36 - 38

The Sixteenth Day

Do not forget the joy of the Lord is your strength:
But remember this

We are called not to be fearful,
we are called to love:
We are called not to parade our holiness,
we are called to be faithful:
We are not called to be all-knowing,
we are called to believe:
We are not called to claim,
we are called to give:
We are not called to be victorious,
we are called to be obedient:
We are called to serve and to walk humbly
with our God.

Alan Boesak

In the pain, misfortune, oppression,
and death of the people,
God is silent.
God is silent on the cross,
in the crucified.
And in this silence is God's word,
God's cry.
In solidarity,
God speaks the language of love.

Jon Sobrino

For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below - there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.

Romans 8: 38 - 39

The Seventeenth Day

If you fail to see
the person
but only the disability -
who then is blind?

If you cannot hear
your brother's
cry for justice -
who is deaf?

If you cannot communicate
with your sister
but separate her from you -
who is disabled?

If your heart and mind
do not reach out to
your neighbour -
who has the mental handicap?

If you do not stand up
for the right of all
persons -
who is the cripple?

Your attitude towards
persons with disabilities
may be our biggest handicap -
and yours too.

Tony Wong, Jamaica
Born 1951; paraplegic since 1976

Do not deceive yourselves by just listening to God's
word; instead, put it into practice.

James 1: 22

The Eighteenth Day

O Lord, our Lord,
Your greatness is seen in all the world.

Psalm 8: 1

Let the earth proclaim
the joy of your name.
Let each bulb rejoice,
its growth be a voice.
Let each seed and flower
tell of your power.
Let the glowing bright sun
show the deed that is done.
Let us hear from the rain,
He is risen again.....

David Adam

Alone in space, alone in its life-supporting systems, powered by inconceivable energies, mediating them to us through the most delicate adjustments, wayward, unlikely, unpredictable, but nourishing, enlivening and enriching in the largest degree - is this not a precious home for all of us earthlings? Is it not worth our love? Does it not deserve all the inventiveness and courage and generosity of which we are capable to preserve it from degradation and destruction and, by doing so, to secure our own survival?

Barbara Ward and Rene Dubos

We are God's partners in the act of Creation. To shape the natural environment wisely, we should approach it with reverence. Let us awaken ourselves - before it is too late!

Jan Grzesica and Alexey Yablokov

The Nineteenth Day

Search for God where you lost him.

Tony de Mello

God always approaches us from beneath and we must stoop to meet him.

Nicholas Zernov

I am the vine and you are the branches. Whoever remains in me and I in him will bear much fruit: for you can do nothing without me.

John 15: 5

For every seeker who, like me in my teens, needs absolutist belief, moral conformity and enthusiastic spirit, there is another who needs theological openness, sensitive appreciation of different life-styles and a quiet (not quietist) spirituality.

Martin Cressey

The glory of the Lord will be revealed,
and all peoples will see it.
The Lord himself has promised this.

Isaiah 40: 5

God is as He is in Jesus,
therefore there is hope.....

Anon

The Twentieth Day

As we allow ourselves to feel our pain for the world,
we find our connection with each other.

Joanna Macy

Today, in many countries, women are primarily the victims of certain abuses. Rape, frequently used as a form of torture, is often inflicted on women detainees. Others are subjected to human rights violations merely because they happen to be the wives, mothers, daughters or friends of people the authorities consider to be 'undesirable'. Ethnic origins or religious beliefs are also used as a reason for torturing and killing innocent women.

Amnesty International Report

The people in prison whom I visit have honoured me with the gift of their vulnerability. Many of them are able to discern the true freedom that comes when one is stripped of all status, and it is thus that they can teach me something about the meaning of spiritual poverty. In coming to serve the poor, so to speak, I am discovering that I am poor.

Joyce Cairns

Lord, make forgiveness and love
the basis of my life.
Not in words only
but in deed and in truth.
That my love for you
may show itself
in real concern for others.

Eddie Askew

The Twenty-first Day

We are just beginning to get away from the idea that holiness consists in prayer and charity and abstention from politics. You can only go so far in taming the Gospel. If you persist in removing its disturbing elements, you wake up one day to find that you have lost the Christian vision altogether.

Jock Dalrymple

Don't hide:
don't run,
but rather
discover in the midst of fragmentation
a new way forward:
a different kind of journey
marked by its fragility,
uncertainty
and lack of definition.
And on that path
to hold these hands
that even in their brokenness
create a new tomorrow.
To dance at the margins,
and to see
the face of Christ
where hurt
is real and
pain a way of life.
To be touched
in the eye of the storm,
aware that tomorrow
may not bring peace.
Impossible, you say;
let me retreat
and find my rest.
What rest, my friend,
in these fragmented times?

Peter Millar

The Twenty-second Day

Jesus said to them: "Go throughout the whole world and preach the Gospel to all peoples".

Mark 16: 15

If you are willing to share the risks and pains of this hour of birth which our Latin American peoples are living, even denying yourself; if you begin to rejoice with them because of the joy of feeling that the Gospel is not only announcement and affirmation of a remote hope, but of a hope and liberation that is already transforming history; if you are willing to put more of your time, of your values, of your life at the service of these people who are awakening, then stay with us, since there is much to be done, and hands and blood are needed for such an immense enterprise in which Christ is pioneer and protagonist.

Bishop F. Pagura

Many miracles and wonders were being done through the apostles, and everyone was filled with awe. All the believers continued together in close fellowship and shared their belongings with one another.

Acts 2: 43 - 44

We have to recognise in a spirit of true humility and penance that the church has not always been faithful to its prophetic mission, to its evangelical role at being at the side of the people. But at each hour of its existence the Word of God is sent to the church and invites it to repent, to be converted, to return to its 'fervour of the first days' (Revelation 2: 4)

Church statement from North-east Brazil

The Twenty-third Day

Every day is a messenger of God.

Russian Proverb

God has created me to do him some definite service. He has committed some work to me which he has not committed to another. I have my mission. I may never know it in this world. But I shall be told it in the next.

I am a link in the chain, a bond of connection between persons. He has not created me for naught. I shall do good. I shall do his work. I shall be a preacher of truth in my own place, while not intending it, if I but keep his commandments.

Therefore will I trust him. Wherever, whatever I am, I can never be thrown away. He does nothing in vain.

The Lord knows what he is about.

John Newman

God was merciful and poured out
his abundant grace on me.

1 Timothy 1: 13 - 14

Lord Christ, give me some of your Spirit to comfort the places in my heart where I hurt then give me some more of your Spirit so that I can comfort other people.

Terry Waite

A Christian starts by saving his soul and ends by saving the world, provided he has not stopped at pietism and forgotten the world, but forged ahead to holiness.

Lionel Blue

The Twenty-fourth Day

Every minute, the nations of the world spend 1.8 millions of US dollars on military armaments;
every hour, 1500 children die of hunger-related causes;
every day, a species becomes extinct;
every week during the 1980s, more people were detained, tortured, assassinated, made refugee or in other ways violated by acts of repressive regimes that at any other time in history;
every month, the world's economic system adds over 7.5 billion of US dollars to the catastrophically unbearable debt burden of more than 1,500 billion dollars now resting on the shoulders of Third World peoples;
every year, an area of tropical forest three-quarters the size of Korea is destroyed and lost;
every decade, if present global warming trends continue, the temperature of the earth's atmosphere could rise dramatically (between 1.5 and 4.5 degrees Celsius) with a resultant rise in sea levels that could have disastrous consequences, particularly for coastal areas of all earth's land masses.

World Council of Churches Document

This one world needs one ethic. Our society does not need a uniform religion or a uniform ideology, but it does need some binding norms, values, ideals and goals.

Hans Kung

In the same way the Spirit also comes to help us, weak as we are.

Romans 8: 26

The Twenty-fifth Day

The Lord says to his people: "Your wounds are incurable, your injuries cannot be healed. There is no one to take care of you, no remedy for your sores, no hope of healing for you."

Jeremiah 30: 12 - 13

Western society is on the brink of collapse - not into crime, violence, madness or redeeming revolution, as many would believe - but into withdrawal. Withdrawal from the whole system of values and obligations that has historically been the basis of public, community and family life.

Western societies are collapsing not from an assault on their most cherished values, but from a voluntary, almost enthusiastic abandonment of them by the people who are learning to live private lives of unprecedented completeness with the aid of the momentum of a technology which is evolving more and more into a pattern of socially atomising appliances.

Martin Pawley

TV can so engross the viewer that for long periods of time the person can be said to be the inhabitant of a kind of half-way world, somewhere between tangible reality and total hallucination.

British Medical Journal

In the past, it was possible to destroy a village, a town, a region, even a country. Now it is the whole planet that has come under threat. This fact should compel everyone to face a basic moral consideration : from now on, it is only through a conscious choice and then a deliberate policy that humanity can survive.

Pope John Paul, speaking at Hiroshima

The Twenty-sixth Day

Pray to God but continue to row to the shore.

Danish Proverb

May God give me once more the courage to hope.

Kierkegaard

We all need a **perestroika** of the heart.

Mikhail Gorbachev

The supposed 'inner life' may actually be nothing but a brave and absurd attempt to evade reality altogether. Under the pretext that what is 'within' is in fact real, spiritual, supernatural, one cultivates neglect and contempt for the 'external' as worldly, sensual, material and opposed to grace.

Very often, the inertia and repugnance which characterise the so-called 'spiritual life' of many Christians could perhaps be cured by simple respect for the concrete realities of every day life, for nature, for the body, for one's work, one's friends and one's surroundings. Meditation has no point and no reality unless it is firmly rooted in life.

Thomas Merton

Lord, teach me the meaning of your laws
and keep me obedient to your commandments,
because in them I find happiness.
Give me the desire to obey your word
rather than to get rich.

Keep me from paying attention to what is worthless.

Psalm 119: 33 - 37

The Twenty-seventh Day

Lord, make this world last as long as possible.
an 11 year old in Pakistan

Teach us to walk the soft earth as relatives of all that
live.

from an American Indian prayer

Enjoy the earth gently,
enjoy the earth gently;
for if the earth is spoiled
it cannot be repaired.
Enjoy the earth gently.

Yoruba poem, W. Africa

For centuries, far too many Christians have presumed that God's love is primarily directed at them, and that his natural order was created mainly for the use - and abuse - of humankind. Today such a human-centred attitude to our fragile and exhausted planet is at last beginning to look not only selfish and parochial, but also irresponsible and potentially dangerous. Hence all of us, especially Christians, must open our eyes and minds wider still. We must realise that the way to maintain the value and preciousness of the human is by reaffirming the preciousness of the non-human also - of all that is. Indeed, the Christian God forbids the idea of a cheap creation, of a finite, dispensable universe. His universe is a work of non-expendable and ever-renewing love - and nothing that is fashioned in love must ever be regarded as cheap or secondary.

Robert Runcie

Lord, you are the source of all life
and because of your light, we see the light.

Psalm 36: 9

The Twenty-eighth Day

Happy are those who are persecuted because they do what God requires: the Kingdom of heaven belongs to them.

Matthew 5: 10

Christians should not be comfortable clubs of conformity but communities of loving defiance.

Ronald Sider

The less you act when you feel,
the less you act
and in the long run
the less you feel.

Katherine Whitehorn

There is more to courage than physical bravery. Moral courage is even more important, because it is needed all the time. It takes moral courage to question the received wisdom and to challenge those in power. This is sometimes called the heretical imperative. Those who follow this way are uncomfortable to live with, but they help societies cleanse and renew themselves.

Richard Holloway

We need a change of focus which will enable us to see that the things that seem most real and powerful are indeed now unreal and have come under sentence of death.

Martin Luther King

The Twenty-ninth Day

There will be no peace among the peoples of this world
without peace among the world religions.

There will be no peace among the world religions
without peace among the Christian churches.

The community of the church is an integral part of the
world community.

Hans Kung

How should one live? Live welcoming to all.

Mechtild of Magdeburg

From the cowardice that dare not face new truth,
From the laziness that is content with half truth,
From the arrogance that thinks it knows all truth,
Good Lord, deliver us.

prayer from Kenya

Dialogue is an adventure, a risk, a struggle and a
wrestling with issues which will injure us, break our
comfortable convictions and perhaps challenge us to
deepen our convictions by changing them. But we believe
that this is one way in which the church is being led by
the Holy Spirit in our times, and we go forward trusting
in the continual blessings of the Spirit.

'With People of Other Faiths in Britain'

Meantime these three remain: faith, hope and love;
and the greatest of these is love.

1 Corinthians 13: 13

The Thirtieth Day

Let go : let God

Church Poster

There are enough caring, well-informed folk within the churches to keep stirring our consciences, reminding us of the connections, and spurring us to action. But they will need encouragement, support and above all a real concern from people in their parishes so that global issues remain firmly on their churches' agenda.

Elizabeth Salter

Consider every day that you are for the first time - as it were - beginning: and always act with the same fervour as on the first day you began.

St Anthony of Padua

If you want to carry a fire into the darkest nights of humanity, will you let an inner life grow deep within you? A life with neither beginning nor end. A life on fire. Then you would become a leaven of trust and peace even where the human community is torn apart, in its deserts. Across the earth, so many others, believers and non-believers, are already striving to be a leaven of trust between peoples. Seeking healing for the divisions between South and North, between East and West, they stand out as signs of what we hardly dared hope for.

Brother Roger

Your life in Christ makes you strong, and his love comforts you. You have fellowship of the Spirit, and you have kindness and compassion for one another.

Philippians 2: 1

The Thirty-first Day

Ours is a long and often silent struggle.

Why do we struggle?

Two reasons:

we struggle because we love and not because we hate;

we struggle because our faith in God is alive, not dead.

Marta Torres

Commitment to the poor means entering into their universe and living in it. It means no longer regarding it as a place of work but as a place of residence. It means not going into this world for a few hours in order to bear witness to the Gospel, but rather emerging from it each morning to proclaim the Good News to every human being.

Gustavo Gutierrez

When God is silent and men and women cry, God cries in solidarity with them, but God doesn't intervene. God waits for the shouts of protest. Then the Almighty begins to speak again but in dialogue with us.

Elsa Tamez

May you come to know Christ's love - although it can never be fully known - and so be filled with the very nature of God.

Ephesians 3: 19

The Kingdom of God is not just talking:
it is living by God's power.

1 Corinthians 4: 20

Peter Millar is a Church of Scotland Minister, and a member of the Iona Community who after ministry in the East End of Glasgow worked for several years with the Church of South India before becoming Warden of Iona Abbey in 1995.

Dorothy Millar, who died very suddenly in 2001, was a former consultant pathologist and campaigner for justice, deeply involved in global issues. Dorothy was an associate member of the Iona Community. Separately and together they have written on a variety of subjects.

Books by Peter Millar which relate to this booklet.

Iona - A Pilgrims' Guide

Canterbury Press 2007. ISBN 978-1-85311-810-4

An Iona Prayer Book

Canterbury Press 1998. ISBN 1-85311-205-4

Waymarks:

**Signposts to Discovering God's Presence
in the World**

Canterbury Press 2000. ISBN 1-85311-336-0

Finding Hope Again:

Journeying Through Sorrow and Beyond

Canterbury Press 2003. ISBN 1-85311-438-3

Our Hearts Still Sing

Wild Goose Publications, 2004. ISBN 1-901557-86-3

The Surprise of the Sacred

Canterbury Press 2004. ISBN 1-85311-594-0

A Time to Mend

Wild Goose Publications 2013. ISBN 1-84952-247-2

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